

The Big List of Self-Care Activities

Check the activities you're willing to do, and then add any activities you can think of:

- ☐ Talk to a friend on the phone
- ☐ Go out and visit a friend
- ☐ Invite a friend to come to your home
- ☐ Text message your friends
- ☐ Organize a party
- ☐ Write and mail a postcard to a friend or family member
- ☐ Lift weights
- ☐ Do yoga, tai chi, pilates, or take classes to learn
- ☐ Stretch your muscles
- ☐ Eat your favorite ice cream
- ☐ Go for a walk in a park or someplace peaceful
- ☐ Go get a haircut
- ☐ Take a nap
- ☐ Go outside and watch the clouds
- ☐ Sit in the sun and feel the warmth on your skin
- ☐ Go jog
- ☐ Ride your bike or a city e-bike
- ☐ Go for a swim
- ☐ Go hiking
- ☐ Do something exciting like surfing, rock climbing, skiing, skydiving, kayaking, or go learn how to do one of these things
- ☐ Buy something on the internet
- ☐ If no one is around, play something by yourself; like basketball, handball, miniature golf, or hitting a tennis ball against a wall
- ☐ Get out of your house, even if you just sit outside
- ☐ Plan a trip somewhere you've never been before
- ☐ Go to a spa or get a massage
- ☐ Go to a library or bookstore and read
- ☐ Make putty or slime from scratch
- ☐ Go to your favorite café for coffee or tea
- ☐ Visit a museum or a local art gallery
- ☐ Go to the mall or the park and watch other people; try to imagine what they're thinking
- ☐ Pray or meditate
- ☐ Paint your nails
- ☐ Go to church, synagogue, temple, or other place of worship
- ☐ Join a group
- ☐ Write a letter to your higher power
- ☐ Cook your favorite dish or meal
- ☐ Take a cooking class
- ☐ Go out for something to eat
- ☐ Go outside and play with your pet
- ☐ Go borrow a friend's dog and take it to the park
- ☐ Give your pet a bath
- ☐ Go outside and watch the birds and other animals
- ☐ Find something funny to do, like reading comics or watching a comedian on TV
- ☐ Watch a funny movie
- ☐ Go to the movies
- ☐ Watch a show
- ☐ Go to a sporting event, like a baseball game
- ☐ Play a game with a friend
- ☐ Play solitaire
- ☐ Play online games
- ☐ Do a puzzle with a lot of pieces
- ☐ Go shopping
- ☐ Sell something you don't want on the internet
- ☐ Create your own web site
- ☐ Eat chocolate (it's good for you!)
- ☐ Go for a drive in your car or go for a ride on public transportation
- ☐ Learn a new craft, like knitting or sewing.
- ☐ Sign up for a class that excites you at a local college, adult school, or online
- ☐ Read your favorite magazine, book, or paper

- ☐ Write a poem, story, movie or play
- ☐ Write in your journal
- ☐ Write a loving letter to yourself when you're feeling good and keep it with you to read when you are feeling upset
- ☐ Rearrange your room
- ☐ Call a family member you haven't spoken to in a long time
- ☐ Learn a new language
- ☐ Play a musical instrument or learn how to play one
- ☐ Write a song
- ☐ Listen to some happy, upbeat music (make a playlist to listen to when you're upset)
- ☐ Turn on some loud music and dance
- ☐ Memorize lines from your favorite movie, play, or song
- ☐ Make a movie or video
- ☐ Take photographs
- ☐ Join a public speaking group or write a speech
- ☐ Participate in the local theatre group
- ☐ Sing in a local choir
- ☐ Plant a garden
- ☐ Work outside
- ☐ Make a scrapbook with pictures
- ☐ Change your hair color
- ☐ Take a bubble bath or shower
- ☐ Work on your car, bike, motorcycle or bicycle
- ☐ Start a gratitude journal
- ☐ Go dancing
- ☐ Make a list of ten things you're good at or like about yourself and keep it with you to read when you are feeling upset
- ☐ Draw a picture
- ☐ Paint a picture with a brush or your fingers
- ☐ Make a list of the people you admire and describe what it is you like about them
- ☐ Write a story about the craziest or funniest thing that has ever happened to you
- ☐ Make a list of ten things you would like to do before you die
- ☐ Write a letter to someone who has made your life better and tell them why (you don't have to send the letter if you don't want to)

- ☐ Go grocery shopping for yummy snacks
- ☐ Draw a calendar
- ☐ Snuggle a pet
- ☐ Do yoga for free at home using a YouTube video
- ☐ Listen to your favorite podcast
- ☐ Create your own list of self-care activities
- ☐ Other ideas: _____

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.